

healthy  
kidz



# Halloween Activity Pack



supported by





<b>Registration Information</b>	Page 03
<b>Frequently Asked Questions</b>	Page 04
<b>Halloween Timetable for P1-4</b>	Page 05
<b>App Directions</b>	Page 06
<b>Daily Journey Halloween Map</b>	Page 07
<b>App Directions</b>	Page 08
<b>Literacy Lesson 1</b>	Page 09
<b>Numeracy Lesson 1</b>	Page 10
<b>World Around Us Lesson 1</b>	Page 11
<b>Art Lesson 1</b>	Page 12
<b>Literacy Lesson 2</b>	Page 13
<b>Numeracy Lesson 2</b>	Page 14
<b>World Around Us Lesson 2</b>	Page 15
<b>Art Lesson 2</b>	Page 16
<b>App Directions</b>	Page 17
<b>Mindful Journal</b>	Page 18

## Index



# Helping Kidz Stay Lean This Halloween 10 Miles for P1-4!! 26 Miles for P5-7!!

Sign up  
**ANYTIME**

Ensure you are registered and ready to take part  
Sign up at  
<https://healthy-kidz.com>

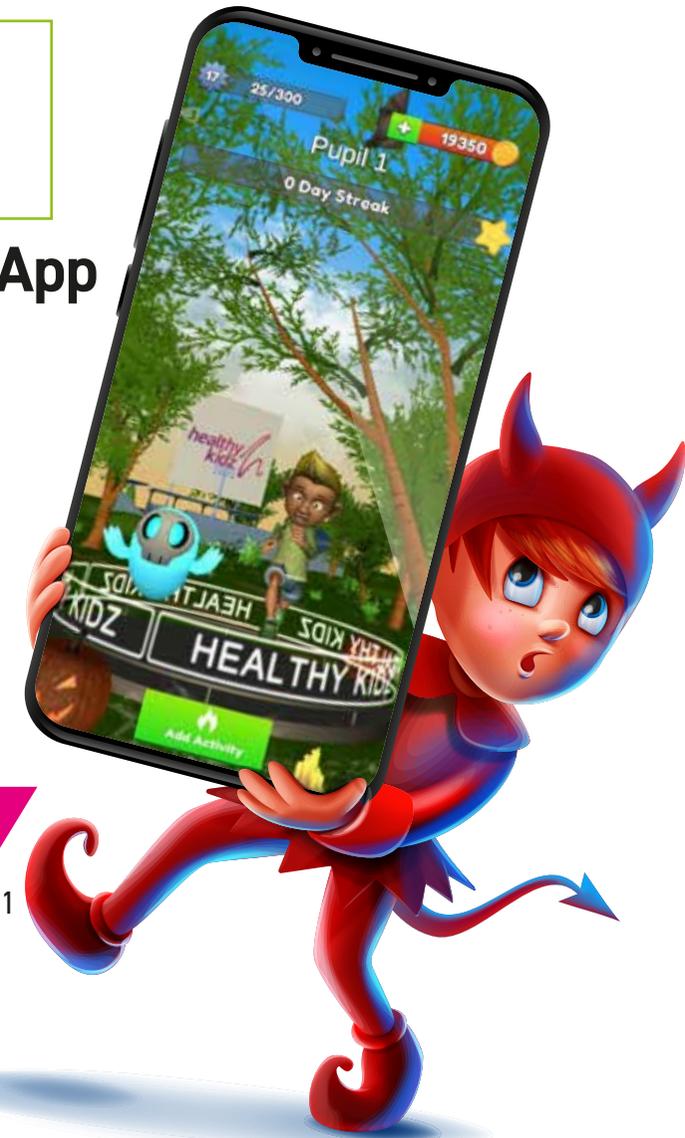


**Prizes on offer** for registering and logging into the App

## For pupils that enter -

All pupils completing their miles will receive:-

- A certificate of completion
- A special teacher and principal acknowledgement on return to school
- Entry to our **Rewardz Fund** containing loads of wonderful prizes.



Sign up today @ [www.healthy-kidz.com](http://www.healthy-kidz.com) and stay fit and well during the break.



Healthy Kidz



@healthy\_kidz1



Healthy Kidz



@healthykidz1

\* Terms & Conditions available @ [www.healthy-kidz.com](http://www.healthy-kidz.com)





## Frequently Asked Questions

### **Do I have to follow the timetable you provided?**

- No – we have included a proposed timetable to use as a guide for all the activities you can do throughout the two weeks. You can complete them at your leisure!

### **How do I download the app?**

- The Healthy Kidz App can be downloaded from the Apple App Store or the Google Play Store. We currently don't support the app on Amazon devices.
- Please ensure that your device has been fully updated.

### **How do I log in?**

- Once registered via our website (<https://healthy-kidz.com>), use the username/login and password that was emailed to you to log in to the app.
- If you can't find your email with your details, please check your junk/spam folder as it can sometimes be sent there by mistake.
- Make sure to include the entire username i.e. user98765 and not just the number.
- The password can be typed in whatever format you want; with spaces, without spaces, with caps or without caps.

### **How do I use the App?**

- The app is very simple to use. Firstly, you must physically complete an activity. This could be anything from going for a walk to washing your hands. Once completed, find the activity within the app.
- You'll see a box within that activity where you can add a description of that activity i.e. how long you did the activity for or what distance you completed. You can also leave this area blank!
- For every activity you add to the app, you gain Coins and Points. Coins can be used to purchase new avatars from the shop. You can access the shop by simple clicking on your avatar or by clicking the coins in the top right hand corner.

### **I have multiple children and only one device; how do I log out?**

- To the left of your child's name, you'll see a log out button. Click on this button and you can then log in using your other child's username and password.



# Halloween Proposed Timetable For P5-7

*Try to complete all the activities before you go back to school!*

## Week 1

<b>Day</b>	<b>Walk/Run/Cycle</b>	<b>Cross-Curricular Activities</b>
Monday	Mile 1+2	Literacy Lesson 1
Tuesday	Mile 3+4+5	Numeracy Lesson 1
Wednesday	Mile 6+7	World Around Us Lesson 1
Thursday	Mile 8+9+10	Art Lesson 1
Friday	Mile 11+12	Mindful Journal

## Week 2

<b>Day</b>	<b>Walk/Run/Cycle</b>	<b>Cross-Curricular Activities</b>
Monday	Mile 13+14+15	Literacy Lesson 2
Tuesday	Mile 16+17	Numeracy Lesson 2
Wednesday	Mile 18+19+20	World Around Us Lesson 2
Thursday	Mile 21+22+23	Art Lesson 2
Friday	Mile 24+25+26	Mindful Journal



## Don't forget to log your activity



*Tap Sport*

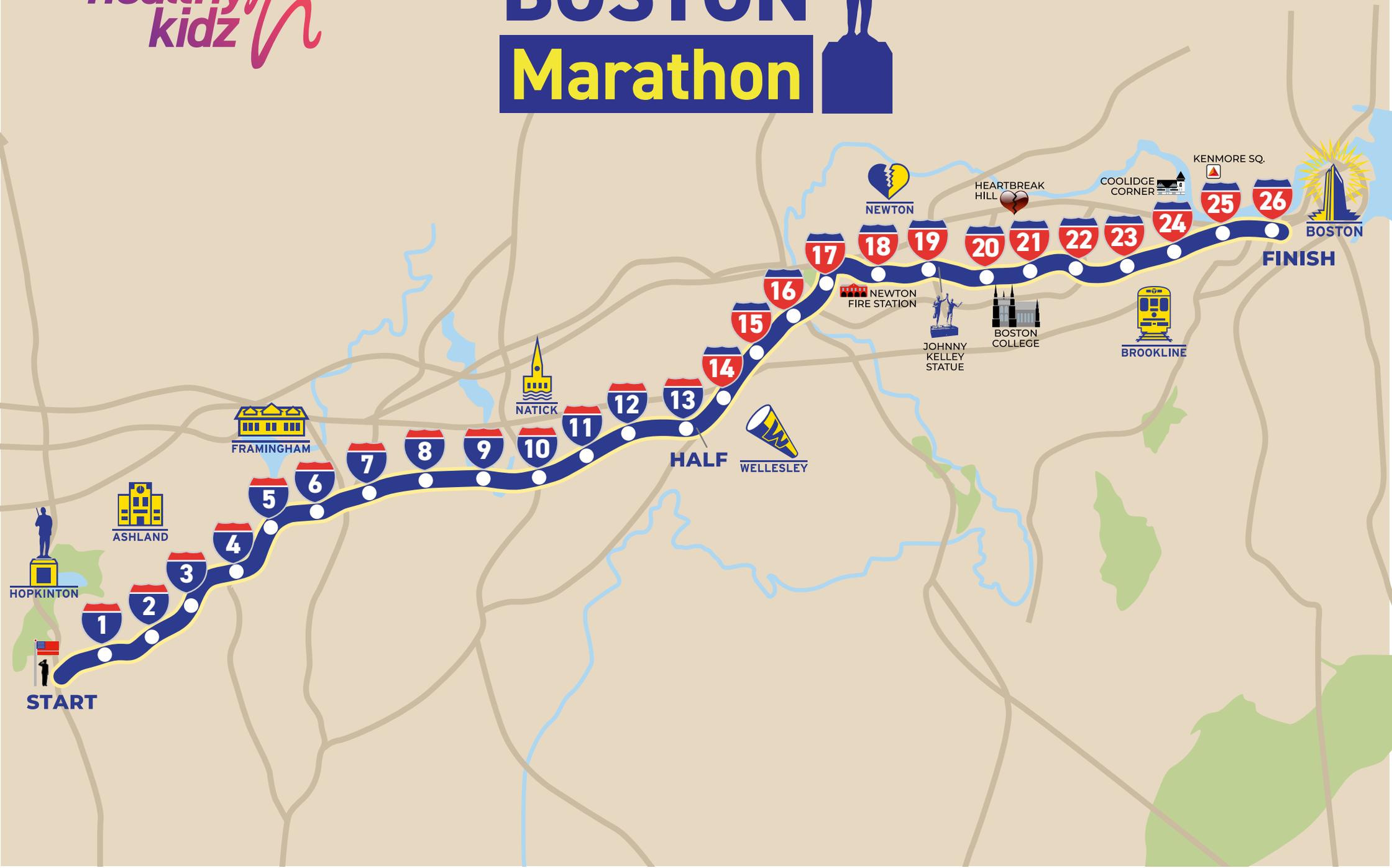
*Tap I went Running*

*Record those miles completed*

*Watch your coins add to your score*



# BOSTON Marathon

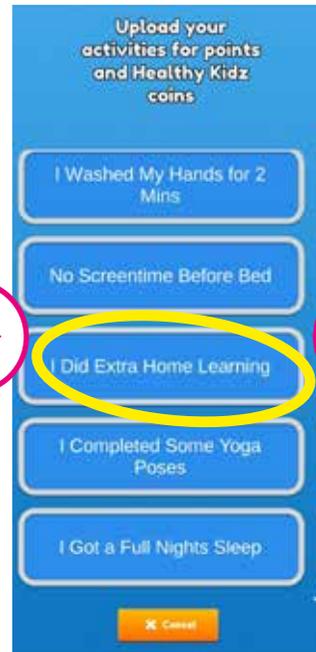




## *Remember to record you Healthy Eating & Home Learning to get those extra coins*



*Tap Healthy Eating*



*Tap I Did Extra Home Learning*



*Extra Coins*

# Boston Marathon

## Literacy- Poetry

15 minutes lesson

### Lesson suggestion:

Create an acrostic poem on the Boston Marathon.

Remember to use each letter as the first letter in your word or sentence.

Try to include plenty of descriptive language (adjectives, adverbs and powerful verbs) to make your poem more interesting.

B  
O  
S  
T  
O  
N  
  
M  
A  
R  
A  
T  
H  
O  
N



# Boston Marathon

healthy  
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## Numeracy- Reading a table

15 minutes lesson

### Lesson suggestion:

Athletes, preparing for a marathon, use strict training plans in order to maintain their greatest levels of fitness.

Using the training plan provided, answer the following questions.

1. On what day does the athlete rest?
2. How many miles are run, in total, in week 3?
3. What day does the marathon fall on?
4. What days are set aside for strength training?
5. In what week will the athlete run a total of 22 miles?
6. Give reasons why the athlete runs the least amount of miles in the final week?

### 6 Week Half Marathon Training

An intermediate schedule for runners who already run 10ks or 6 miles

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest	3 miles	Strength Training	4 miles Tempo Run	3 miles Easy Pace	Rest	7 miles
2	Rest	4 miles	Strength Training	5 miles Tempo Run	3 miles Easy Pace	Rest	8 miles
3	Rest	3 miles	Strength Training	6 miles Tempo Run	3 miles Easy Pace	Rest	9 miles
4	Rest	4 miles	Strength Training	5 miles Tempo Run	3 miles Easy Pace	Rest	10 miles
5	Rest	3 miles	Strength Training	4 miles Tempo Run	3 miles Easy Pace	Rest	11 miles
6	Rest	3 miles	Strength Training	3 miles	30 min walk	Rest	Half Marathon



# Boston Marathon

## History- Research & Investigation

15 minutes lesson

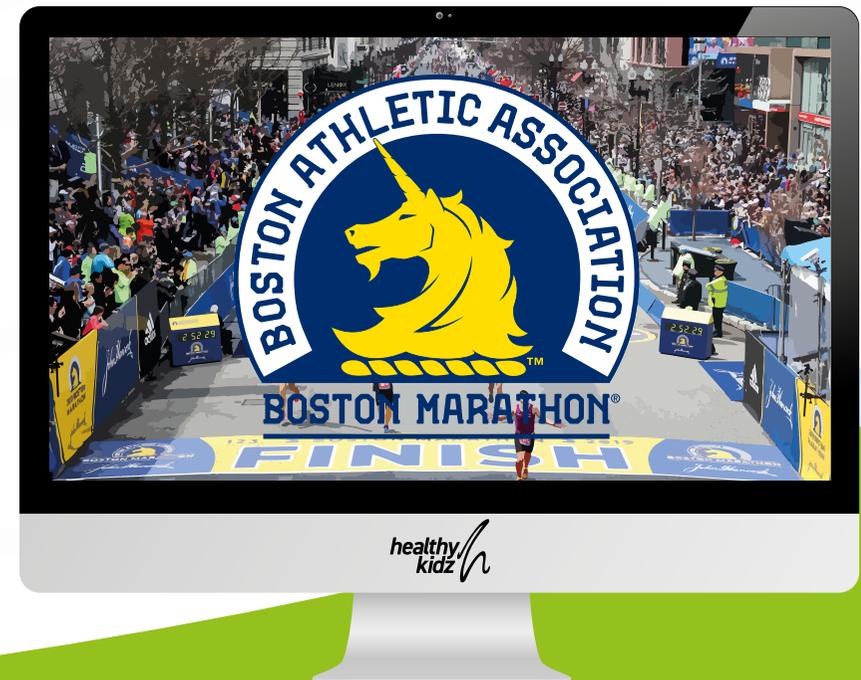
### Lesson suggestion:

Use a computer or iPad to research and answer the questions below.

Remember your internet safety rules.

1. What year was the first Boston Marathon run?
2. Who was the first woman to run the Boston Marathon and in what year?
3. On what date was the marathon lengthened to 26 miles?
4. What holiday is the Boston Marathon held on?
5. When were women officially allowed to run the Boston Marathon?
6. What is the fastest recorded time set in the Boston Marathon?

List some interesting facts you have found below.



# Boston Marathon

## Art- Shape and form

15 minutes lesson

### Lesson suggestion:

To the right is the Boston Marathon crest. What are the key features- think about colour, shapes and form.

Why do you think the Boston Athletic Association has chosen this style of badge?

Using an A4 sheet of paper, redesign your school crest. Think of an animal that best represents your school and use this in your badge.

Remember to include your schools name and colours.

Think about the shape of your badge and the location of information within it.



# Boston Marathon

## Literacy- Poetry

15 minutes lesson

### Lesson suggestion:

You're a runner in the Boston Marathon. While running, you have many thoughts and feelings.

Create 2 verses of a rhyming poem with the pattern of ABAB.

Remember to use all 5 senses.



# Boston Marathon



## Numeracy- Handling Data

15 minutes lesson

### Lesson suggestion:

Most runners compete in a marathon in order to donate large sums of money to their chosen charity. In order to do this they must collect donations

Can you add £2.50 to each donation that has answered yes to gift aid?

Write the answer in the total; column and add up the overall total at the end.

Name	Amount	Gift aid y/n £2.50	Total £
Mrs Linwood	£12.50	Y	
Mr Linwood	£15.50	Y	
Mrs Conway	£19.00	Y	
Mr Marks	£25.00	N	
Mrs Peterson	£23.50	Y	
Miss Smith	£17.00	Y	
Ms Reid	£30.00	Y	
<b>Totals</b>			



# Boston Marathon

## WAU- Science

15-20 minutes lesson

### Lesson suggestion:

In order to run a marathon you must be fit and healthy. An estimated 67% of people with gym membership never go.

Discuss with your partner:

- Why this is?
- Are people fitter today than 50 years ago?
- When do most people sign up to gyms?

Design a poster which advertises the benefits of exercise. Think about the following when preparing your poster

- Why is exercise important?
- How does your body respond to exercise?
- What are the different types of exercise?
- Where do people go to exercise?
- Are there any other benefits to exercise, other than health?



# Boston Marathon

## Art- Design

15-20 minutes lesson

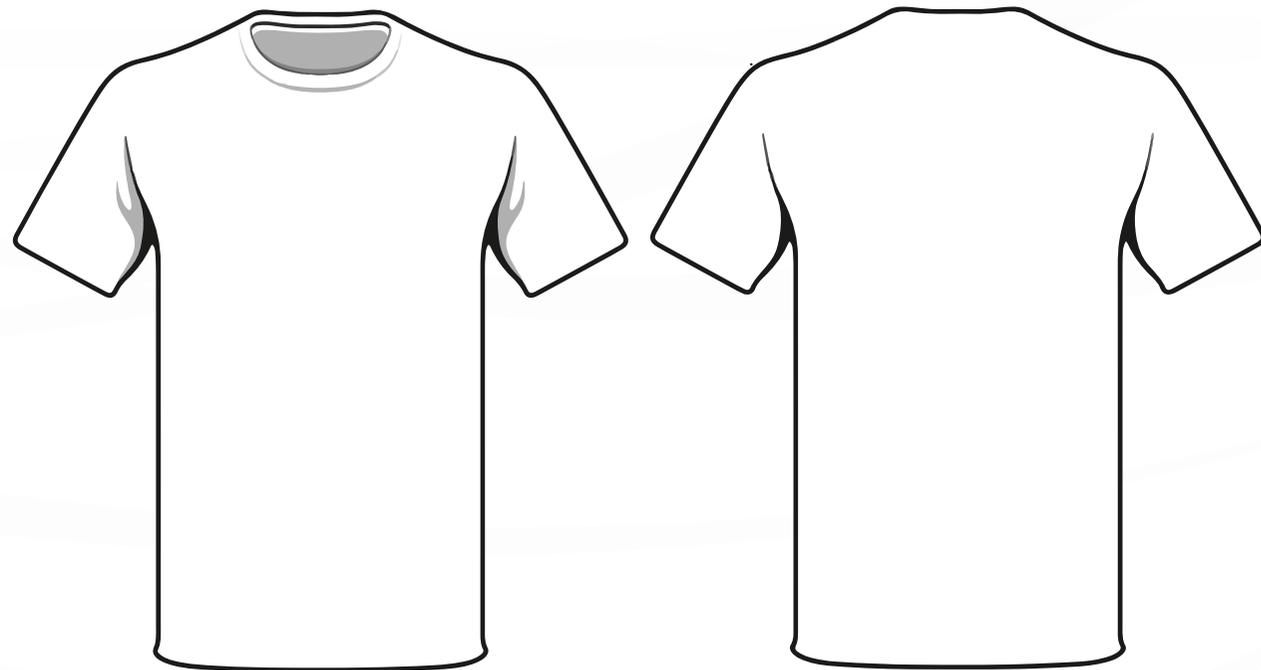
### Lesson suggestion:

When participating in a marathon most runners compete to raise money for their chosen charity.

Think about a charity you would like to design a running top for.

Think about:

- Shape
- Materials
- Colours
- Brand
- Logo
- Slogan

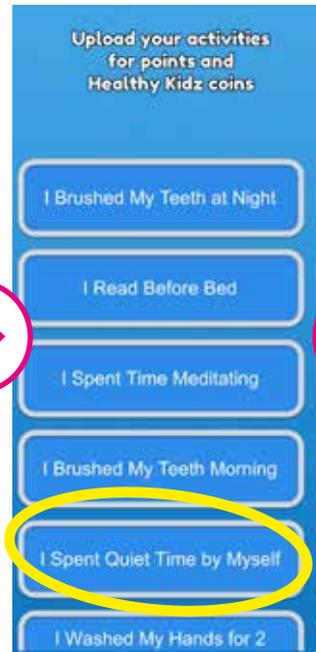




## Remember to record your Wellbeing



*Tap Wellbeing*



*Tap I Spent Quiet Time by Myself*



*Extra Coins*



**Today's Date:**

**My thought of the day:**

**Today's Targets: 'I will'**

- 1.
- 2.
- 3.

**Quote of the day:**

**Mindful image**

**Daily Reflection:**

Today I felt...

Today I learnt...

Today's wins (Things you did well) ...

**EUROSPARS**

LaganValley Lisburn  
Saintfield Road  
Botanic  
Lurgan  
Seagoe Portadown  
Ranfurlly Dungannon Rd.  
Bridge Street Portadown  
Moy  
Donaghmore  
Armagh  
Banbridge

**Lean Supper Club**

Unit 5c  
Bluestone Business Park  
for full week package deals

**CENTRA**

Lake Road Craigavon  
M1 Dungannon  
Culcavy  
Aghalee  
Costcutter  
Waringstown  
Lurgan  
Donacloney  
Silverwood Lurgan  
Moygashel  
Moutarys Lurgan  
Moutarys Dollingstown

**SUPERVALU**

Moira  
Lurgan

***Helping Kidz Stay Lean This Halloween!***

